

SOME RECIPES FOR CORN MEAL

Government Suggests Certain Palatable Uses For Popular Food

Washington, D. C., Feb. 5.—The department of agriculture's experts in nutrition have been studying the possible uses of corn meal, which they have figured out makes up over 8% of the total food consumed by the people of the United States. In a bulletin entitled "Corn Meal As a Food and Ways of Using It" several dozen recipes are given that may call to mind old favorites and suggest to the housewife untold dishes both appetizing and nutritious. Some of these recipes date back to the aborigines of the soil. One of them is as follows:

Zuni Indian Bread.
1 cup white corn meal.
1 cup yellow corn meal.
1 cup water.
1 teaspoon salt.
1/2 teaspoon cayenne.
1 cup chopped suet.
Mix all well together; form into rolls about five inches long; roll in greased paper; and bake in a moderate oven 1 hour; serve hot.

The habit among the Indians was to roll these cakes in the husks of the corn, a method which is sometimes followed by campers.

There are other simple breads which were first made by the Indians and are very old types, closely resembling the breads of other primitive people. Though easy to prepare, they are nevertheless very palatable. Two of these are "Ash Cake" and "Hoe Cake":

Ash Cake.
1 quart corn meal.
2 teaspoons salt.
1 tablespoon lard or other shortening.

Boiling water.
Scald the meal; add the salt and shortening, and when the mixture is cool form it into oblong cakes, adding more water if necessary. Wrap the cakes in cabbage leaves, or place one cabbage leaf under the cakes and one over them, and cover them with hot ashes.

Hoe Cake.
Hoe cakes are made out of corn meal, water and salt. They were originally baked before an open fire on a board which for convenience had a long handle attached to it. At present they are cooked slowly and on both sides on a well-greased griddle.

Certain dishes made of Indian corn have become identified with certain localities and thus we have particular recipes bearing the names of these localities. For instance, there is the South Carolina Corn Bread:

South Carolina Corn Bread.
1 1/2 quarts fine corn meal.
1/2 quarts wheat flour.
or
2 1/2 quarts fine corn meal.
1 1/2 quarts wheat flour.
2 teaspoons salt.
1 pint mashed sweet potatoes.
1 cake yeast.

Mix one pint each of the corn meal and the flour and add warm water enough to form a stiff batter. Add the sweet cake, mixed with a small amount of water. Keep this sponge in a warm place until it becomes light. Scald the meal with boiling water and as soon as it is cool enough add it to the sponge.

Boston Brown Bread.
Boston brown bread may be made as follows:

1 cup corn meal.
1 cup rye meal.
1 cup Graham flour.
2 1/2 teaspoons soda.
1 teaspoon salt.
1/2 cup molasses.
2 cups sour milk, or
1 1/2 cups sweet milk.
Mix and sift the dry ingredients and add the molasses and milk. Beat thoroughly and steam 2 1/2 hours in well-buttered, covered molds. Remove the covers and bake the bread long enough to dry the top.

This may be made also with 1 1/2 cups corn meal and rye meal and no Graham flour.

Follow recipe for Boston brown bread, adding to the dry ingredients

SODA SWEETENS ACID STOMACHS, ENDS DYSPEPSIA

When we eructate sour food, acid fluids and we belch gases it doesn't mean the stomach is lacking in digestive juices, says a noted authority who states that nearly all stomach distress and indigestion is a result of acidity; meaning, there is an excess of hydrochloric acid in the digestive organs. This irritating acid retards digestion and promotes food fermentation. Then everything eaten sour in the stomach like garbage sours in a can, forming gases which inflame the stomach like a toy balloon, producing a heavy, lumpy feeling in the chest or we eructate food constantly belch gas or have heartburn, flatulence, bloating, water-brash and nausea.

He tells us to get a package of 19 grain Sodagen tablets at any pharmacy and take one tablet anytime followed by a tumbler of water. This will instantly neutralize acidity, stop fermentation, absorb the gases and sweeten the entire digestive system.

A well known local druggist says these 19 grain Sodagen tablets are an old favorite Antacid used by thousands of men and women because of their harmless nature, being composed of Soda, Magnesia and Calcium Carbide. U. S. P.—Advertisement.

AIMS BILL AT DIVORCE EVIL

Rep. Ransdell Offers Amendment to Prohibit Right

Washington, Feb. 5.—Divorce with the right to remarry would be prohibited forever in the United States and in all places under the nation's jurisdiction by an amendment to the federal constitution proposed in the Senate by Senator Ransdell, of Louisiana. Enactment of uniform marriage laws for all states and territories, with provision for separation without permission to remarry, would be directed by the amendment.

With the states of the Union granting more than twice as many divorces as all the rest of Christendom combined, Senator Ransdell told his colleagues that the time had come for the nation itself to put down this menace to the chief bulwark of society, the home—the maker of good citizens and the model on which every wise government is founded.

"The remedy by constitutional prohibition is drastic," said the senator, "but the malady is so fatal that nothing short of it will prove efficacious. In the United States divorce is spreading with alarming rapidity. It has permeated every walk of life, and as prevalent among every class of people. The total number of divorces granted in 1907 was 9,937, or 27 per 100,000. There were 22,062 divorces, or 86 per 100,000, thus in actual numbers there were more than 7 times as many divorces granted in 1908, as in 1907, or allowing for the increased population, divorce had increased 319 per cent."

"If divorces multiply at the same rate in the future as in the past—and there is every indication that they will increase faster—then before the middle of this century we will have annually in the United States 275 divorces per 100,000 population, or one divorce for every five marriages."

Not Such a Radical Step.
"If the United States were to write in the Constitution an amendment prohibiting absolute divorce, it would not be taking such a radical step as might at first be thought, but would be following a beaten path. Our own state of South Carolina—all honor to her—prohibits divorce. It is absolutely prohibited in Italy, Spain and to two-thirds of the population of Austria-Hungary, while the Latin-American countries of Mexico, Argentina, Brazil, Peru, Chile and others have similar laws."

"While many excellent people are divorced and some of them make new homes, the inevitable trend of divorce is to break up many more homes than it builds up, and to materially reduce the number of children. When marriage is dissolved the true home ceases to exist; the parents and the children are separated; and the sweet ties that bind father and mother to their offspring, and to each other, are broken forever."

"As long as the Romans of old looked upon marriage as sacred, and held the sanctity of the home inviolate, their arms were invulnerable, and Rome became mistress of the world. But with the accumulation of colossal wealth came great laxity of morals; marriage became a jest, and child bearing a useless burden. The luxurious Romans lost all respect for female chastity; the heroic virtues of their early years were forgotten, and the Empire fell, the victim of luxury and disregard for the binding effects of marriage."

"Shall not the United States take warning from Rome's example?"

As indicating the educational work of the Y. W. C. A., there are 42,000 girls and women enrolled in 171 cities in day or evening classes. Each of sixty-five associations has an enrollment of more than 100 students, several of them registering from 1,500 to 2,000. In each of fourteen cities over 500 students are registered. Two-fifths of the girls are in day classes, and the rest in evening classes. There are 26,000 students in household arts.

AMUSEMENTS.

ROYAL THEATER
Next to Post Office.
E. C. Richards, Mgr.

Lubin Two Reel Feature
BETWEEN TWO FIRES
A romantic and dramatic episode of the Civil War. A love story of unusual strength and interest.

AN APACHEE'S GRATITUDE
Selig Indian Drama.

PATHE WEEKLY REVIEW No. 2
Interesting Current Events.

THE JANITOR'S REVENGE
Biograph Farce Comedy.

COMING SATURDAY, FEB. 7TH
THE WITNESS TO THE WILL
Edison Two Reel Drama.

"KATHLYN" Tuesday, Feb. 10th.

Laurium Department GAME WARDENS IN CONFERENCE

Hold Annual Meeting With State Warden W. R. Oates

Called to consider various matters pertaining to the welfare of the state, fish and forestry department, the annual conference of the deputies of the Upper Peninsula convened in Marquette, with W. R. Oates, state game, fish and forestry warden, presiding, says the Mining Journal.

The wardens are discussing the game and fish conditions in each locality in an endeavor to meet these in a more effective manner. They are here for a mutual exchange of ideas, to ask hypothetical questions in regard to the work of the department, to discuss the 1913 amendments to the state game and fish laws. The state warden is explaining the recent enactments as each is taken up.

Among other matters arising there was a lengthy discussion relative to the installation of fish ladders or chutes on all dams across streams in the upper peninsula. Plans and specifications have been prepared, and the department has made arrangements with the federal government for the use of the new Chute on certain structures.

Besides the sixteen deputy game, fish and forestry wardens of the upper peninsula, there are in attendance at the meeting D. R. Jones, Petoskey, chief deputy and C. K. Host of Lansing, councillor. The deputies present are:

John Rough, Negaunee.
Herman Leisner, Escanaba.
St. Clair Wilson, Hancock.
John T. McDonald, Calumet.
J. R. Eddy, Sault Ste. Marie.
J. A. Vezina and J. Marks, Munising.

Matt Foucault, Iron River.
John Andrews, Jr., Iron Mountain.
O. Siedtke, L'Anse.
W. B. Redell, Menominee.
E. D. Mosher, Marquette.
F. W. Nelson, P. E. Guinan, Manistique.
James McMahon, Baraga.

REMARKABLE MAN.
Down in East St. Louis there is a street commissioner who desires to have his salary reduced so that the city may save itself from financial embarrassment. There seems to be a new kind of a street commissioner under the sun—Chicago Record-Herald.

Chief of Police Baldwin, of Philadelphia, prohibits exhibitions of films showing incendiarism.

Do As Others Do, Take
this time-tested—world proved—home remedy which suits and benefits most people. Tried for three generations, the best corrective and preventive of the numerous ailments caused by defective or irregular action of the organs of digestion and elimination has been proved to be

BEECHAM'S PILLS

(The Largest Sale of Any Medicine in the World)
If you have not tried this matchless family medicine, you do not know what it means to have better digestion, sounder sleep, brighter eyes, clearer complexion, which come after Beecham's Pills have cleared the system of impurities. Try them now—and know. Always of the same excellence—in all climates; in every season—Beecham's Pills are

The Tried, Trusted Remedy
Sold Everywhere. In boxes, 10c., 25c.
Directions with every box are very valuable, especially to women.

AMUSEMENTS.

LYRIC THEATER
LAURIUM —:— A. RUTTENBURG Jr. Lessee

NEW PROGRAM TODAY
HELEN GARDNER
—IN—
DAUGHTER OF PAN
In 3 Reels A story of ancient Greece.

—ALSO—
His Wife's Battle
Reliance Drama

Billy's Code
Comedy.

AMATEURS TOMORROW
10—BIG ACTS—10
—Featuring—
A. J. LEAN
In a strong act.
Don't miss this amateur night.

COMING SATURDAY ONLY
Alladin and His Wonderful Lamp
In 3 Reels.

COMING SOON
The Battle of Gettysburg
In 5 Reels.

—ADMISSION—
Adults—10c Children—5c

pretty close to the 100 mark and it is reported they are pretty evenly matched.

LAURIUM BREVITIES.

Mr. and Mrs. John E. Verlin of 112 Kearney street are the parents of a son born this week.

Eight births and seven deaths were reported to Village Clerk M. Frisk, Jr., during the month of January.

Samuel Mackenzie of Laurium had left for Chicago and other points on a business visit.

Jerry Duchen of Ishpeming, is waiting on the drug trade.

Oliver J. Tompkins of the Beach and Sander force is in Marquette on business.

Attorney A. E. Peiermann is in New York on business. He expects to visit other eastern points before his return here.

BIRTHDAYS.

Hilmer Alphonse W. Wilson, the oldest inhabitant of the 21st church, South in point of service, 80 years old today.

John Walter Smith, United States senator from Maryland, 60 years old today.

Maxie Elliott, well known American actress, 42 years old today.

Mahlon Pitney, associate justice of the supreme court of the United States, 74 years old today.

Brent B. Brooks, former governor of Wyoming, 52 years old today.

Simon R. Baldwin, governor of Connecticut, 74 years old today.

Judge K. A. Alrich of New Hampshire, who delivered the recent decision in the Thaw case, 64 years old today.

Prof. F. S. Chapin, of Smith college, says any man who traces his family tree 20 generations will find himself related to anybody he may meet in the street, as a rule.

Reuben Trigg, of Kentucky, 100 years old today.

AMUSEMENTS.

CALUMET THEATER Two Nights Feb. 7-8
and Saturday Matinee

LYMAN H. HOWE
PRESENTS A
SUPERB
STUNNING SPECTACLE
THE CONSTRUCTION OF THE
PANAMA CANAL
MANAGED BY THE
YELLOWSTONE PARK
MAJOR ST. GOTHARD
AND HIS MOUNTAINS
PARIS ZOO
POMPEII NAPLES
MONTE CARLO

At the conclusion of the howling match, the firemen, trustees and ex-firemen of both villages will repair to the town hall where a chicken supper will be served and where dancing will be enjoyed afterwards.

It has been arranged that Chief Constables of the Laurium department will be pitted against Chief Joe Trull of the Red Jacket department and interest in the outcome of this individual contest is almost equal to the interest in the outcome of the big match. Both men are able to come

PRICES:
All down stairs 50c
First two rows balcony 50c
Balance balcony 35c
Gallery 25c

MATINEE PRICES:
Down stairs 35c
Balcony 25c
Children 15c

Seat sale at Foster's Thursday 8 A. M.

UNIVERSAL PROGRAM
—:—TODAY:—

Two part Eclair with BARBARA TENNANT. Rich Lord discovers own son a dying highwayman.

Highwayman's Shoes
The captain of the King's guards insults the boy one day and flaunts the ignorance of the boy's parents in his face. Jasper stabs him. Returning home he demands his foster mother to tell him who his parents are. The guards follow him to the house, but he escapes.

Three Children
Powers Comedy-Drama.
They offer the baby at the asylum in exchange for grandpa.

Mike & Jake in Society
Interested in dress suits, Mike and Jake fail to make trouble.

PEOPLES THEATER
LAURIUM
HIGHEST CLASS PROGRAMS CAN BE SEEN ALWAYS.